



Serves: 4

Bi Feng Tang (Typhoon Shelter) Seafood

Ingredients

- 8 pieces of scallops
- 2 medium squid, cut into rings
- 100g of corn starch
- 50g of garlic, minced
- 2 shallots, minced
- 10g of black beans
- 1 Chili Padi chopped
- 1 dry Chili, soaked, drained and chopped
- 10 curry leaves, chopped
- 50g of instant oatmeal*
- 2 tbsp of oil*

Method

- Rinse and pat dry the squid and scallops
- Coat lightly with corn starch.
- Heat oil and pan-fry the squid and scallops until cooked and set aside.
- Use the remaining oil to fry garlic, shallots, black beans and dried chilli until fragrant.
- Add in the oats, chili padi and curry leaves
- Add back the scallops and squid, toss to coat, and serve immediately.

Tips:

- Heat oil till hot before cooking. This will shorten your cooking time and reduce the amount of oil absorbed by the ingredients.
- Fruits, vegetables, oats and beans are rich in soluble fibre, which helps lower blood cholesterol.



*Choose products with the Healthier Choice Symbol.